



**Robert E. Bush**  
Naval Hospital

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**Y**ou have the right to express your concerns about patient safety and quality of care.

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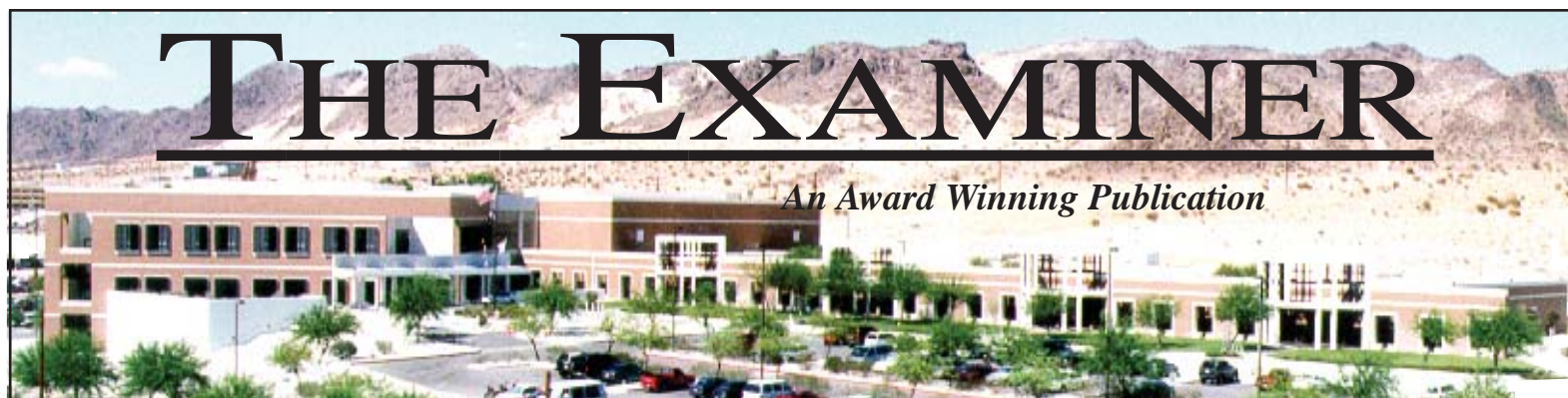
- \* Through the ICE website.
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Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTF TC  
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhtp/pages/default.aspx>

## Executive Officer Brings Wealth of Experience and Expertise to NHTP Command

*By Dave Marks, NHTP PAO*

Captain Patrick K. Amersbach began his career as an enlisted soldier in 1983 when he reported to MEPS at Baltimore Washington International Airport. He shipped out to basic training and then military police advanced individual training. After graduating from Airborne School, he reported for duty as a military policeman. Eventually, Staff Sergeant Amersbach was assigned to Fort Leavenworth Maximum Security Prison.

Captain Amersbach recalled how he became motivated to change careers. "I was at the maximum security prison at Fort Leavenworth escorting prisoners to the hospital," Capt. Amersbach said. He was particularly impressed with the Army Nurse Corps officers. "They talked about the diversity of the roles within the Nurse Corps, everything from OR, ER, flight nursing--it seemed they could

do anything." Those conversations led to a light-at-the-end-of-the-tunnel moment. He began evening classes following his 12-hour shifts. It was hard work, he said, but he had his family's support and they were heading to a brighter future. He completed his registered-nursing degree at Hawaii Pacific University and was commissioned into the Navy Nurse Corps in 1994.

Ensign Amersbach reported to his first assignment as a Navy nurse at Naval Hospital Bremerton, where he worked in the medical-surgery and intensive-care units. Also reporting to Naval Hospital Bremerton in 1994 was then Ensign Jeffrey Bledsoe. Captain Bledsoe is now Senior Executive Nurse and Director for Nursing Services at Naval Hospital Twentynine Palms. "I felt we were kindred spirits because we were both prior enlisted and we

were Naval ensigns coming to Bremerton for our first duty assignments and just trying to find our way," Capt. Bledsoe said. "He'll be a phenomenal executive officer and will guide us through our day-to-day operations so that we can meet the Navy mission," Capt. Bledsoe said.

Capt. Amersbach has extensive experience in clinical care. He was a flight nurse in Iraq. He's worked in intensive care units and was senior nurse in the Emergency Department at Naval Medical Center San Diego. "People gravitate to where they feel most comfortable," Capt. Amersbach said. "As a manager is where I found my niche. Early on in my career, I moved into division-officer positions and then department-head positions and then director positions."

Capt. Amersbach arrived at NHTP from the Defense Health Agency where he worked in the Program Executive Office. His team was responsible for contract and program management for clinical support systems, with a portfolio over \$300 million of contracts. His scope covered the entire military health system to include Army and Air Force and counted Relay Health, TRICARE ONLINE, CCQuads, as well as credentialing applications among the con-



*Captain Patrick K. Amersbach, NC, USN*

tracts he helped manage. "What I bring to the table is an understanding of the complexity of these initiatives," Capt. Amersbach said. "It's not as if we're going to just turn on a switch for the new electronic health record. It's understanding the training piece, the integration piece, the interface piece and the inherent challenges. I bring to the table a greater understanding as well as the patience that's going to be needed as we implement these changes."

Captain Nadjmeh Hariri, Naval Hospital Twentynine Palms Commanding Officer, appreciates her new executive officer's expertise and experience with the Defense Health Agency. "He's a clinician and a certified registered nurse anesthetist, but he also brings that Defense Health Agency/BUMED perspective." *Continued on Page 2. Please see Capt. Amersbach*



*Senior Chief Dale Wolkenhauer is pinned to his present rank by Command Master Chief Jerry Ramey during a June 9 Frocking Ceremony in NHTP Classrooms 4 & 5. Please see page 7 for more Frocking Ceremony photos.*



# Sailor in the Spotlight

*Hospital Corpsman First Class Christopher Kipfer*



Hospital Corpsman First Class (FMF) Christopher Kipfer began his career in Twentynine Palms, California, in 1998, when he was a Corpsman with 3rd Battalion, 4th Marines. As retirement nears, HM1 Kipfer, Lead Petty Officer for NHTP Operations Management Department, will be piped ashore just down the road from the battalion aid station where he's a plank owner, on the Marine Corps base where his career started.

"It's gone very quickly and I've had a great time," HM1 Kipfer said. He originally joined from a sense of tradition. "My whole family is in the Navy," Kipfer said. "My dad, my mother, both my uncles, my aunt--all of them are Navy." With a 17-year-old son, HM1 Kipfer was asked if he would recommend a Navy career. "Absolutely," Kipfer said. Although, he's also open to his son joining the Air Force, which together they are exploring.

HM1 Kipfer has specific advice for success as a Navy Corpsman. "You have to learn the basics. You have to know your job and do it well. Helping people, taking care of Marines and Sailors is what it's all about. Find your niche, and go after that." Kipfer noted that he's never been one to chase awards, but added: "Just by me being

me, doing my job, being a hard worker, I've been recognized."

While the welfare of Marines and Sailors has always been central to HM1 Kipfer's professional concern, he also recognized the need for self-advancement and professional development. He has almost completed a Bachelor's degree in Healthcare Administration from Ashford University, San Diego, and has plans to pursue a Master's degree in Clinical Investigations.

With retirement looming he says he's going to take some time off just to relax and regroup. "I'm going to relearn how it is to be a family man because I've been away and in the field, a lot," he said.

HM1 Kipfer then plans to move to his next career. "Hopefully, I can get another government job. I would like to be able to return to the hospital here. But if not, wherever opportunity arises and presents itself, that's what I will do," HM1 Kipfer said.

HM1 Kipfer's hometown is Taft, California. For hobbies, he enjoys tinkering on his motorcycles, catching reptiles, especially rattlesnakes, participating in organized sports and spending time with his family.



**L-R: HMC Ashton Rudolf, Rocky (honorary Corpsman), Hospital Corpsman First Class Diana Rudolf. HM1 Diana Rudolf reenlisted for five more years in a reenlistment ceremony on the NHTP Galley patio June 9. HM1 Rudolf is the Lead Petty Officer for Public Health Directorate and has been in the Navy for 15 years. Hometown is Highland Park in Los Angeles. Reenlisting Officer was Cmdr. Wendy Stone. (Photo by Lt. j.g. Qianning Zhang)**

*Capt. Amersbach, continued from page 1.*

spective," Capt. Hariri said. "On top of that, it's amazing how he and I see things the same way. Sometimes that's a good thing, sometimes it's not. But it makes leadership easier."

Captain Amersbach hails from Baltimore and Prince Georges County (outside of Washington D.C.). His wife, a former Navy nurse, is a nurse practitioner. They have two sons, one a lieutenant in the Coast Guard; the other is an information technology specialist. For hobbies, Capt. Amersbach enjoys hiking, reading and movies. He notes that a focus on the family is what off-time activities should really be about. He feels energized about returning to a hospital command. "To me, leadership is a privilege that I take very seriously. My role is to do what I can to insure everybody with whom I interact feels supported and empowered to make decisions and evolve into competent leaders themselves."

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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# Preventive Medicine Corner

*Submit Questions/Concerns and Tanya Will Provide Answers*



## ***Tanya Stuckey***

Dear Tanya,  
Is it true that people are more likely to get food poisoning in the summer? If so, why, and can you tell me how to avoid it?  
Signed,  
Safe Picnicker

Dear Safe Picnicker,  
Yes, according to the Center for Disease Control (CDC), we are at higher risk for food poisoning in the summer months. That beautiful summer weather draws us outside for family and school reunions, picnics in the park, birthday parties, backyard BBQs and pool parties. What kinds of foods do we often bring to the party? If you said potato or macaroni salad, burgers and hot-dogs with condiments such as tomato slices, mayonnaise, or sides of pre-cut fruits and veg-

gies, it's likely these delicious foods are left in the warm weather for friends and family to graze on between other fun activities. Keeping food at an unsafe temperature is the prime cause of food poisoning. Most foodborne bacteria grow fastest at temperatures from 90 to 110 degrees F.

In addition, more people are cooking outdoors during summer months. Control of temperature during cooking, optimal refrigeration, and appropriate washing facilities are usually less available.

Consider these CDC tips for summer food safety: Cold, refrigerated perishable food like luncheon meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice or ice packs.

Pack canned beverages in one cooler and perishable food in another cooler because the beverage cooler will probably be opened frequently. This will reduce the risk of your perishables getting too warm.

Keep the cooler in the coolest part of the car; place in the shade or shelter, and out of the sun, whenever possible.

Preserve the cold temperature of the cooler by replenishing the ice as soon as it starts melting.

If a cooler chest is not an option, consider taking whole fruits, vegetables, hard cheeses, canned or dried meats, dried cereal, bread, peanut butter, crackers, and a bottle of refreshing beverage.

Take-out food: If you don't plan to eat take-out food within two hours of purchase, plan ahead and chill the food in your refrigerator before packing for your outing.

If you have specific questions about food safety, feel free to ask our preventive medicine staff at (760) 830-2000. If you have attended a gathering, consumed food that you believe could have been contaminated, and experience vomiting or diarrhea, contact the Nurse Advice Line at (800) 874-2273 or contact your primary care team.

Also be sure to get rest and proper hydration to get you back on your feet within a couple of days. There are so many wonder adventures awaiting you this summer. Get out there, have some fun and be safe! --Tanya

## Hydration Helps to Keep You Cool

Summer safety reminds us to drink up, but do you know how much is enough? First, don't use seasonal temperatures to dictate your hydration needs. Summer heat motivates us to reach for a cool beverage, but even during cooler temperatures, our bodies crave fluids. Medications and physical exertion are also contributing factors to the need to increase our intake of water.

How much water should you be drinking each day? Here is a quick and easy calculation. Measure your weight in pounds and divide by 2 to find the MINIMUM number of ounces your body needs every day.

Take a few moments to calculate your minimum fluid needs now. For example, if you weigh 150-200 lbs., you need to consume at least 75-100 oz. of water daily. Thinking back over the last few days, how do your numbers add up?

Although uncommon, hyponatremia can occur if excessive amounts of water are consumed and kidneys are unable to excrete the excess water. Electrolyte content of the blood can become diluted, resulting in low sodium levels. If you believe you are at risk, contact your medical team for a screening.

What kinds of beverages

"count" when I am measuring hydration?

Water is always preferable, but sugar-free and low-sugar options count too! Limit alcohol consumption. The idea that reaching for a "cold one" will help on a hot summer day is misleading. Any cold beverage will help to decrease body temperature, but alcohol is also a major dehydrator and should be consumed with a one to one ratio with water. Benefits to proper hydration are better concentration, weight management and increased energy.

How will I know if I am dehydrated? A primary indicator of dehydration is thirst. Don't wait until you are thirsty to drink. Look around and see how many people you can find that carry a water bottle on the go. Add it to your checklist of items before walking out the door (keys, cell phone, water bottle). Less frequent and darker colored urine, headaches, fatigue, dry skin, dizziness and increased heart rate are also symptoms of dehydration and as the symptoms increase, so may your need for medical care. Don't let this easily preventable illness ruin your day!

Work Hard, Play Hard, Drink Smart!



***MCAGCC Corpsman Ball, June 17, held at Harrah's Casino & Resort, Laughlin, Nevada. Please visit the NHTP Facebook page to see more photos, or access all photos on the NHTP SharePoint site.***

## Awardees...

*The following awards were presented during the First Friday Award Ceremony, June 2, 2017, at the NHTP flagpole. Hospital Commanding Officer, Capt. Nadjmeh Hariri, was the presenting officer. Photos also include Command Master Chief, HMCM Jerry Ramey.*



*Lt. Matthew Orr is awarded the Navy and Marine Corps Commendation Medal.*



*Hospital Corpsman First Class Joseph Canonigo is presented with a Letter of Commendation citing his selection as Senior Sailor of the Quarter for the period, January 2017 to March 2017.*



*Hospitalman Richard Cracium is awarded the Navy and Marine Corps Achievement Medal.*



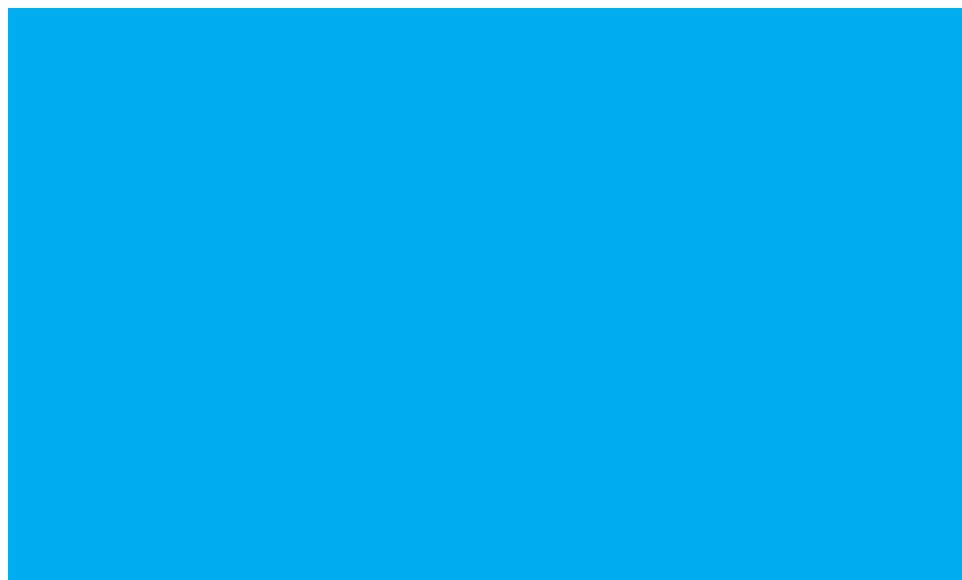
*Lt. Eric Pasman is awarded the Navy and Marine Corps Commendation Medal.*



*Culinary Specialist Third Class Karlia Thomas is presented with a Patient Safety Award.*



*Hospital Corpsman Third Class Dennis Hyman is awarded the Navy and Marine Corps Achievement Medal.*







*Ms. Tanya Stuckey accepts the 2016 Gold Star on behalf of the NHTP Health Promotion teams. Branch Health Clinic China Lake was also awarded the Gold Star. Branch Health Clinic Bridgeport was awarded the Bronze Anchor. Congratulations to the health promotion teams!*



*Hospitalman James Bryantshock is awarded the Navy and Marine Corps Achievement Medal.*



*Hospital Corpsman Second Class Serrita Coleman is presented with a Letter of Commendation citing her selection as Junior Sailor of the Quarter for the period, January 2017 to March 2017. Note: Coleman is now Hospital Corpsman First Class, having been recently meritoriously promoted. Congratulations, HMI Coleman!*



*Ms. Teresa Turbyfil is presented with a Patient Safety Award.*



*Culinary Specialist First Class Jared Webb is presented with a Flag Letter of Commendation signed by Rear Adm. D.H. Fillion.*



*Hospitalman Kristopher Ferreiradasilva is presented with a Letter of Commendation citing his exemplary and outstanding professionalism on the Maternal Infant Ward.*



*Hospital Corpsman Third Class Suriel Torrespagan is awarded the Navy and Marine Corps Achievement Medal.*



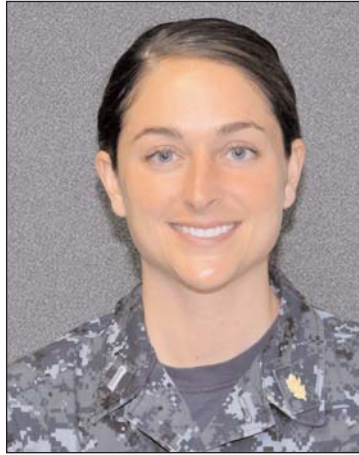


# Introducing New Staff -- Welcome Aboard!



**HM2 Sebastian Gally**

Hospital Corpsman Second Class Sebastian Gally arrived from the 3rd Medical Battalion, Okinawa. He's been in the Navy 11 years. Hometown is Dallas, Texas. He joined the Navy for a career change and to make a positive impact. Prior to joining the Navy, HM2 Gally was a chef. He worked in a number of restaurants specializing in different cuisines, including a Mediterranean jazz cafe and a high-end steakhouse. Gally graduated from high school in Piscataway, New Jersey. He attended college for a while thinking he would become a lawyer but fell into cooking. HM2 Gally is familiar with Twentynine Palms from being here for large-scale exercises. Hobbies include, "Outdoor stuff, hiking, camping, fishing." He's just getting into golf. "At home, I am part of the video game generation," he said. He plans to pick up his first-class rank and eventually would like to transition to counselling. He and his wife plan to live on base.



**Lt. j.g. Christine Harrington**

Lt. j.g. Christine Harrington arrived from the Emergency Department at Naval Medical Center San Diego, her first duty station, where she also worked in the cardiology unit. Hometown is Platte, South Dakota. She was an ROTC student at the University of South Dakota, where she earned her RN degree. Lt. j.g. Harrington was excited to receive orders for NHTP to experience the difference between a large medical center and our community hospital. At NHTP, Lt. j.g. Harrington will work in the Emergency Department. Her career goals involve earning an advanced degree to become a women's health nurse practitioner. Her personal motto: "Take advantage of whatever situation you're in and make the best of it." She's found a place in town with excellent air conditioning, which she will share with her six-year-old gray and white bunny rabbit, "who loves to cuddle." Hobbies include free diving, hiking and horseback riding.



**Lt. j.g. Lester Vidal**

Lt. j.g. Lester Vidal arrived from the 1st Medical Battalion, Camp Pendleton, California. He was there for two years and then was picked up for commissioning. He departed as operations chief for the battalion. Lt. j.g. Vidal was enlisted for 12 years, attaining the rank of first class and working as a laboratory technician. He appreciates the 1st Medical Battalion for how it has shaped his career. "I learned a lot there," he said, "both from a leadership, technical and clinical perspective." At NHTP, Lt. j.g. Vidal is assigned to the Materials Management Department. Lt. j.g. Vidal earned his undergraduate degree in Clinical Laboratory Science from the University of Cincinnati and his Master's degree in Public Health, with a major in healthcare administration, from National University. Lt. j.g. Vidal was born in the Philippines but considers Las Vegas his hometown. He has a home in Menifee where he lives with his wife and two-year-old son.



**HM2 Michael Angeles**

HM2 Michael Angeles arrived from Walter Reed National Medical Center where he worked as a laboratory technician for four years. He's been in the Navy for eight years and joined up after seeing a speech by President George W. Bush. He had been working as an LVN in Los Angeles, was encouraged by the president, "And I took an oath," he said. HM2 Angeles said his LVN degree gave him a tremendous advantage from "A" school to "C" school. He's been assigned to Health Branch Clinic Bridgeport where he's looking forward to cross training in variety of departments due to the small staff, which he says will be a tremendous help when he eventually applies to Independent Duty Corpsman School. HM2 Angeles has a Bachelor's degree in Business and Management, which he earned from Wesleyan University in the Philippines. For hobbies, HM2 Angeles enjoys home remodeling and customizing cars.



**HM1 Tracy Holt**

Hospital Corpsman Tracy Holt arrived from Naval Hospital Pensacola, where he's been since 2007. He arrived from the Reserves where he held the positions, Lab LPO, Clinic LPO, and Command Fitness Leader. He's been in the reserves for 10 years and was active-duty for eight years. On the civilian side, he officiates at basketball, baseball, and football events. HM1 Holt earned his Bachelor's degree in workforce education and development from Southern University of Illinois. He plans to earn a Master's degree in Public Health while here. His first assignment was at the Great Lakes Illinois Health Care Center where he worked in the ER. "That was the highlight of my career," Holt said. "I learned so much and it really formed me as a Corpsman." HM1 Holt then attended Lab "C" school where he began his career as a laboratory technician. Hometown is Upson County, Georgia. He's here with his wife, daughter and son.



# Frocking Ceremony June 9, 2017 (Photos by Lt. j.g. Qianning Zhang)



*Yeoman Second Class Charles Castillo*



*Hospital Corpsman Third Class Julius Navalta*



*Hospital Corpsman Third Class Victoria Weems (left)*



*Hospital Corpsman Second Class Vittorio Garcia*



*Hospital Corpsman Third Class Dennis Hyman*



*Culinary Specialist Third Class Karlia Thomas*



*Hospital Corpsman Third Class Mariah Perez*



*Hospital Corpsman Third Class Cirilo Martinezlinan*



*Hospital Corpsman Third Class Jessica Cummings*



*Hospital Corpsman Third Class Erika Fernandez (left)*



*Hospital Corpsman Third Class Joseph Lujano*



*Hospital Corpsman Third Class Tayib Simmons*

